

ACTIVE RECESS

Active Recess is a program to increase physical activity during elementary school recess with structured activities, playground markings, and/or portable play equipment. This program is implemented in elementary schools to promote physical activity during recess.

WHAT POPULATION BENEFITS?

Children in grades K-5 (5-11 years old).

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase students' moderate-to-vigorous physical activity levels and, in turn, promote healthy child weight.



✓ Increase in students' moderate-to-vigorous physical activity



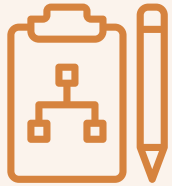
✓ Promote healthy child weight

➔ More details available on the CHOICES National Action Kit at choicesproject.org/actionkit

WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Train teachers and recess monitors on recess supervision strategies to increase physical activity	<ul style="list-style-type: none"> • Time for trainer to lead trainings on supervision strategies to increase physical activity • Time for teachers and recess monitors to attend trainings • Travel costs for the trainers, teachers, and recess monitors 	School district coordinator
Paint markings onto outdoor play spaces	<ul style="list-style-type: none"> • Time for volunteers to paint markings • Time for school staff member to supervise painting • Painting material costs 	School staff member
Purchase portable playground equipment	<ul style="list-style-type: none"> • Playground equipment costs 	Schools

ACTIVE RECESS *(continued)*



Strategy Modification

Some state and local health agencies have added to this strategy the costs of coordinating a broader state-level program when envisioning it being implemented in more than one district. This would add time for a state-level coordinator in the Department of Education to oversee the program and provide training to participating district-level coordinators. With this modification, this strategy could reach more children.



FOR ADDITIONAL INFORMATION

Cradock AL, Barrett JL, Kenney EL, Giles CM, Ward ZJ, Long MW, Resch SC, Pipito AA, Wei ER, Gortmaker SL. Using cost-effectiveness analysis to prioritize policy and programmatic approaches to physical activity promotion and obesity prevention in childhood. *Prev Med.* 2017 Feb;95 Suppl: S17-S27. doi: 10.1016/j.jpmed.2016.10.017. Supplemental Appendix with strategy details available at: <https://ars.els-cdn.com/content/image/1-s2.0-S0091743516303395-mm1.docx>

Selected CHOICES research brief including cost-effectiveness metrics:

McKinnon A, Barrett J, Cradock AL, Flax C. *Salt Lake County: Active Recess* [Issue Brief]. Salt Lake County Health Department, Salt Lake City, UT, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; December 2019. Available at: <https://choicesproject.org/publications/brief-active-recess-salt-lake-county>

- ✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library
- ✓ Explore and compare this strategy with other strategies on the CHOICES National Action Kit at choicesproject.org/actionkit

SUGGESTED CITATION

CHOICES Strategy Profile: Active Recess. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; April 2022.

Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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